

Stewart/Hunter Lifestyle



Graphic by Sgt. Marques Hunt

Valentine's Day made from the heart

Nondice Powell
Hunter Public Affairs

Children and their parents come together to enjoy breakfast, stories and crafts at the Heller Jr. Community Center on Hunter Army Airfield on Feb. 10. The opportunity to gather at the community center comes once a month as part of the Hunter Branch Library's outreach program. After eating breakfast, the children moved to another room to listen to Hunter Librarian

Veronica Restrepo read two stories. Once the stories were finished, the children hurried back to where they ate breakfast so they could make Valentine's Day cards. Next month's outreach event will be on Mar. 24. The focus will be on celebrating Women's History Month. On Apr. 4 everyone will be able to come together to celebrate Military Child's Month. The events are open to all and start at 10:30 a.m. Breakfast, story time and making crafts are planned for each event.



Scouting for troops at Hunter

Staff Report

Scouting builds character, teaches the responsibilities of participating citizenship, and develops personal fitness. The Coastal Empire Council of the Boy Scouts of America aspires to establish a Boy Scout Troop on Hunter Army Airfield. Boys ages 10-18, and their parents, interested in joining the Boy Scouts can learn more about this opportunity at Hunter Army Airfield by contacting John Petrillo at 547-1699. The Boy Scouts of America have several programs for different age groups. Young men who desire to continue scouting after 18 can follow on in the Eagle Scouts. Last year, the Eagle Scouts at Fort Stewart completed several projects in conjunction with

the Directorate of Public Works. Included in those projects was a side walk headed by Ian Mcknight. All the materials for that project was donated by Government Military Housing and Centex. The new side walk and culvert allows families and Soldiers to access Warriors walk from the parking lot. Before this side walk was installed, you had to walk through the mud and water or go all the way around and access the side walk from Gulick Ave. "The sidewalk was a great addition to Warriors walk and would not have been possible without the volunteer spirit of these fine Boy Scouts and the donations from our community," said Jeffery Poulin, DPW Engineer technician.

HEALTH W•A•C•H

Winn Army Community Hospital

Treat your heart right with a healthy lifestyle

Winn Public Affairs

How is your heart? February is American Heart Month. Take the time to look at your eating and physical activity habits; are they heart healthy? Stress management is another factor that plays a key roll in maintaining a happy healthy heart. According to the American Dietetic Association, a healthy heart is the result of good genes, physical activity, healthy food choices and managing stress. Although you cannot change your genes, you can make sure that you and your loved ones get regular physical activity, make good food choices and deal with stress. Heart disease is the leading cause of death in the United States. It affects men and women of every age and race. During American Heart Month, we encourage all Americans to join the fight against heart disease and to learn more about how to prevent it. More than 64 million Americans suffer from one or more forms of cardiovascular disease, including high blood pressure, coronary heart disease, congestive heart failure, stroke and congenital heart defects. Many of the risk factors that can lead to heart disease, such as high blood pressure, high blood cholesterol, and diabetes, can be prevented or controlled. Research has shown that men and women who lead healthy lifestyles, including making healthy food choices, getting regular exercise, maintaining a healthy weight, and choosing not to smoke or drink excessively, can significantly decrease their risk of heart disease. Heart disease is the leading cause of death in the United States and is a major cause of disability. Almost 700,000 people die of heart disease in the United States annually. That is about 29 percent of all U.S.

deaths. Heart disease is a term that includes several specific heart conditions. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. Clean meats and poultry without skin and prepare them without added saturated and trans fat. • Select fat-free, 1 percent fat, and low-fat dairy products. • Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. • Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day. • Cut back on beverages and foods with added sugars. • Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure). • If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man. Overall, physical activity in your daily life is an important step to preventing heart disease.

Pets of the Week



Philip the kitten and Spud, a 10-month-old border collie-mix are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



MWR Briefs

Learn Ju-Jitsu

Learn a Japanese combat art used by police and military forces, each Tuesday and Thursday, 6-7:30 p.m., at Caro Physical Fitness Center.

The fee is \$45 a month. For more information, call 767-7090.

Feel the burn

Basic Endurance Aerobic Training, a new, high-intensity aerobics class based on the Army physical fitness program, is being offered from 7:30 to 8:30 a.m. weekdays at Jordan Fitness Center.

Matting and framing class

A monthly matting and framing class is held the first Saturday of every month, 8:30 a.m. to 4 p.m. The class is required to use the matting and frame shop at the Leisure Activities Center. Call 767-8609 to register. Shop hours are Tuesday to Thursday, 10:30 a.m. to 6 p.m.

Open recreation at Youth Center

Saturdays are open recreation at the Stewart Youth Center. First through fifth grades: noon to 2 p.m.; sixth to 12th grades: 2-8 p.m. The Child and Youth Services membership fee of \$15 is required. Call 767-4491.



AAFES PRESENTS

FEB. 15 TO 22



Code Name: The Cleaner

Jan. 15 — 7 p.m.
(Cedric The Entertainer, Elizabeth Hurley)

Cedric the Entertainer plays Jake, a seemingly regular guy who has no idea who he is after being hit over the head by mysterious assailants. When he finds himself entangled in a government conspiracy, Jake and his pursuers become convinced that he is an undercover agent.

PG-13 (sexual content, crude humor and some violence), 84 min.

Happily Never After

Jan. 16-17 — 6 p.m.
(Sigourney Weaver, Sarah Michelle Gellar)

When the wizard in charge of Fairy Tale World goes on holiday Cinderella's wicked stepmother takes over the world, which is home to characters such as Little Red Riding Hood, The Seven Dwarves and Rapunzel.

PG (some mild action and rude humor) 87min

Alpha Dog

Jan. 16-17 — 8:30 p.m.
(Justin Timberlake, Bruce Willis)

Johnny is a Los Angeles drug

dealer. He comes from a good family, owns his home, several cars and enjoys partying with his friends. Johnny is 19. When his friend Jake welches on a debt, Johnny and his boys kidnap Jake's 15-year-old brother Butch and hold him as a marker. Even though Butch has numerous chances to escape, he doesn't.

R (pervasive drug use and language, strong violence, sexuality and nudity), 118 min

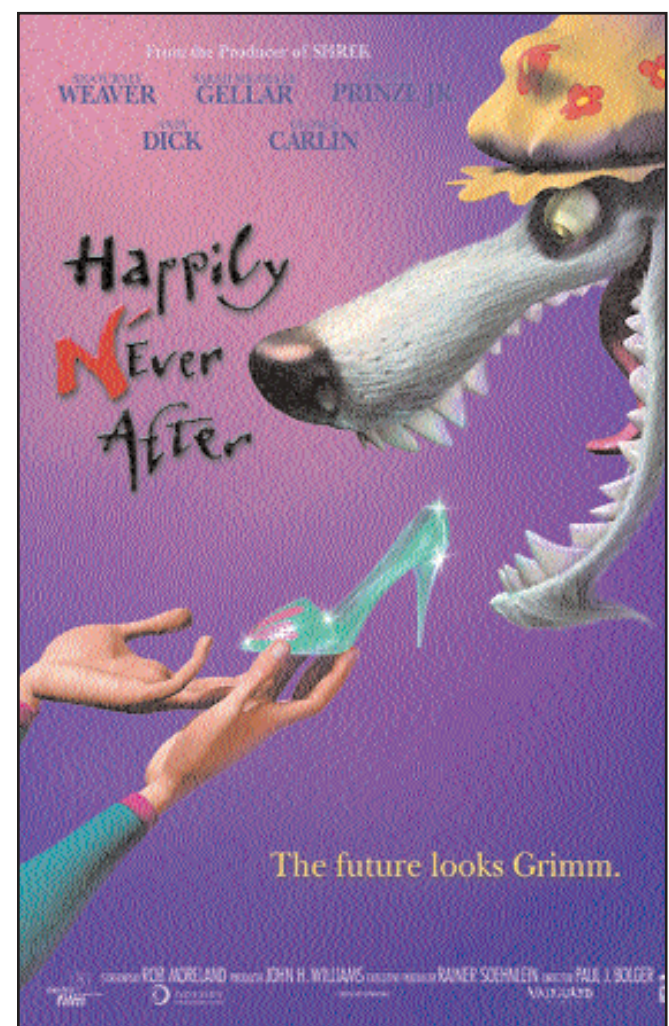
Primeval

Jan. 21-22 — 7 p.m.
(Dominic Purcell, Orlando Jones)

In one of the most remote places on earth, a bloodthirsty serial killer has claimed over 300 victims, and is still at large to this day.

The danger begins as producer Tim Freeman, cameraman Steven Johnson and their rag-tag team set out on a journey up-river in search of their subject. But the deeper they probe into the mystery of this elusive assassin, the deadlier their trip becomes.

R (strong graphic violence, brutality, terror and language). 94min.



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

December 12

• **Dawson Hillman Parrish**, a boy, 8 pounds, 4 ounces, born to Alicia and Cpl. Douglas Parrish.

January 28

• **Lilliana Rayann-Marie Meade**, a girl, 8 pounds, 14 ounces, born to Spc. Mathew and Sarah Meade.

• **Noah Patrick York**, a boy, 8 pounds, 10 ounces, born to Sgt. Mark and Cindy York.

January 29

• **Malachi Joe Nieto**, a boy, 8 pounds, 12 ounces, born to Pvt. Bobby and Candice Nieto.

• **Precilla Katherine Marie Reflke**, a girl, 7 pounds, 7 ounces, born to Pvt. Gerald and Melissa Reflke.

• **Angelica Lavern Altman**, a girl, 6 pounds, 15 ounces, born to Command Sgt. Maj. Joseph and Analiza Altman.

• **Daniel Joseph Bates**, a boy, 8 pounds, 3 ounces, born to Spc. Randall and Regan Bates.

• **Jaida Leshe Cunningham**, a girl, 9 pounds, 9 ounces, born to Sgt. Jeremy and LeNesha Cunningham.

• **Jackson Matthew Munley**, a boy, 8 pounds, 2 ounces, born to Staff Sgt. Francis and Jennifer Munley.

• **Hunter Michael Wegworth**, a boy, 8 pounds, 13 ounces, born to Pvt. Anthony and Renee Wegworth.

January 30

• **Grady Alexander Garcia**, a boy, 6 pounds, 8 ounces, born to Spc. Joshua and Katherine Garcia.

• **Michael S. Howell**, a boy, 7 pounds, 5 ounces, born to Pfc. Anthony and Natalie Howell.

• **Roxie Grace Ingram**, a girl, 5 pounds, 8 ounces, born to Spc. Cory and Mandie Ingram.

• **Alicia Ann Rose**, a girl, 8 pounds, 5 ounces, born to Spc. Sean and Nicole Rose.

January 31

• **Caliceia Faye Clark**, a girl, 7 pounds, 6

ounces, born to Spc. Clifton and Cheryl Clark.

• **Jasmine Renee Hollis**, a girl, 6 pounds, 9 ounces, born to Spc. Ivory and Tiffany Hollis.

• **Lilly Marie Scoggins**, a girl, 5 pounds, 8 ounces, born to Sgt. Matthew and Amanda Scoggins.

• **Nylek Everly Ayala Sostre**, a girl, 6 pounds, 5 ounces, born to Spc. William Ayala-Delgado and Joycelyn Ayala Sostre.

February 1

• Van Ryan Corlett, a boy, 8 pounds, 5 ounces, born to Pfc. Garret and Joanna Corlett.

• **Marshawn Sterling Drake** Jr., a boy, 7 pounds, 9 ounces, born to Sgt. Marshawn and Amy Drake.

• **Amelia Lynn Gatzke**, a girl, 8 pounds, 11 ounces, born to Capt. Benjamin and Kelly Gatzke.

• **Nathaniel Spencer Norris**, a boy, 6 pounds, 15 ounces, born to Capt. Rodney and Donnetta Norris.

• **Autumn Grace Williams**, a girl, 8 pounds, 5 ounces, born to Staff Sgt. Brent and Consuelo Williams.

February 2

• **Aiden Josiah LoCurto**, a boy, 6 pounds, 4 ounces, born to Sgt. Joseph and Wendi LoCurto.

• **Lacey Marie Williams**, a girl, 8 pounds, 10 ounces, born to Pfc. Darrell Williams and Pfc. Caroline Williams.

• **James Henri Colon**, a boy, 8 pounds, 3 ounces, born to Sgt. Adam and Erin Colon.

February 3

• **Randy Michael Huggins**, a boy, 7 pounds, 7 ounces, born to Spc. John and Shannon Huggins.

• **Kaci Alex Kochersberger**, a girl, 6 pounds, 15 ounces, born to Spc. Edward and Crystal Kochersberger.

• **Isabel Lucia Vidal**, a boy, 6 pounds, 14 ounces, born to Sgt. Luis and Amparo Vidal.

Winn Briefs

Black History Celebration slated

Tuttle Army Health Clinic invites you to its annual Black History Month celebration program scheduled for 10:30 a.m. Feb. 22. The guest speaker will be the Honorable Otis Johnson, Mayor of Savannah, Alfred E. Beech High JROTC Color Guard, Savannah State University Wesleyan Gospel Choir, Ms. Sarah Rudolph Pollard and Gamma Chi Chapter of Kappa Alpha Psi Fraternity Inc. The program will conclude with a traditional "soul food" lunch. Tuttle is located at 230 Duncan Drive, Hunter Army Airfield.

Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, www.tricareonline.com. This link is also available through the Winn Web site homepage, www.winn.amedd.army.mil.

You choose the Furniture

Winn Army Community Hospital is hosting a furniture fair for patients to help us choose our guest seating furniture for the hospital waiting areas. The event is scheduled 9 a.m. to 1 p.m. March 7 in the Patriot Auditorium. We want your opinion, so come out and sit in the furniture.

Courtesy Cart returns

The Winn Army Community Hospital courtesy cart is back in service and ready to pick you up. The cart operates 8 a.m. to 3 p.m. Monday through Friday and will take you from the hospital parking area to hospital entrances.

Winn/Tuttle observe holiday

Friday is a MEDDAC training day and Monday, is President's Day. Services at Winn Army Community Hospital will be limited to inpatient care and emergencies on those days. Full operations will resume Tuesday.

All services at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Friday and Monday. Full operations will resume Tuesday.

VOLUNTEER SPOTLIGHT

MARY MCCOY



Mary McCoy of Janesville, Wis., is a Red Cross volunteer working in the Emergency Department at Winn Army Community Hospital.

McCoy volunteers to help others, the community and herself. Her interests and hobbies include reading, exercise and family walks.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 912-435-6903.

Let us know how we're doing

We need you, our customer, to take our Winn Survey. Please stop by the Patient Representative's Office on the first floor of the hospital, suite CH32, to take our 5 minute computer survey about your visit at Winn on the day of your visit.

Fix DEERS to receive healthcare

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive referrals, schedule appointments or access TRICARE Online. DEERS information can be updated by calling 1-800-538-9552,



Ft. Stewart/Hunter Morale, Welfare and Recreation

Child Care (ages 6 wks - 5 yrs) Center Temporary Closure & Relocation 16 February

Child Development Center, Bldg 403

Child Care in CDC, Bldg 403 for ages 6 wks to 5 yrs will be closed Fri, 16 Feb for maintenance and reopen at 6am, Tue, 20 Feb. If child care is need for these age groups, sign-up sheets will be in child's classroom and full day care will be provided in CDC, Bldg 442 and hourly care through the Family Child Care Program. Arrangements for CDC and FCC must be made as soon as possible and limited spaces available. Center Manager(s) will be glad to assist in making child care arrangements.

767-3202/767-9662 (CDC's), 767-2311 (FCC)

Black History Month Youth Field Trip 17 February - 9am to approx 4pm

Depart Youth Center- Visit 3 historical sites in Savannah to include Civil Rights Museum, First African Baptist Church & the Owens Thomas House. Cost \$10 includes transportation, snacks/refreshments & supervision for unaccompanied CYS registered youth, 11 and older. Open to soldiers & their families. Limited space.

767-4491/4493

ROBOTECH Mecha Movie Bash 19 February - 5pm

Stewart Lanes - Corkan Family Rec Area
Come watch the movie while you bowl in 3D.

767-4273

Women's Basketball League Games 26 February (Tentative) - 6:30pm

Jordan Gym, Bldg 608

Women's Basketball League begins. Participants open to female military family members (ages 17 & up) and active duty female soldiers. Deadline for sign-up 21 Feb at FS Sports Office.

767-8238

2007 Army Emergency Relief Fund Annual Drive Kick-Off Ceremonies 2 March - 9:15am

ACS/MRC, Bldg 87 @ Fort Stewart

Fort Stewart Garrison Cdr will kick off the annual campaign.

5 March - 9am

ACS, Bldg 1286 @ HAAF

HAAF Garrison Cdr will kick off the annual campaign.

Leaving a legacy that will bless



Chap. (Capt.) Thomas E. Allen
Chief, Department of Ministry, Pastoral Care

Has anybody ever said to you “get a life”? I am sure we have all heard that statement at one time or another.

Let me ask you a different question. Are you living a life, or are you leaving a legacy? What is the difference in the two?

Well to live a life is to live life to consume everything on ourselves. It is to use all of our resources and relationships for ourselves.

It is to use your wife or husband simply to fulfill your needs.

They are in your life for what they can do for you. Living a life is using our children for ourselves.

We want them to be good and to achieve so they can make us look good. We use them to be our little servants.

It is to use our friends for ourselves. We want them when we need them or when they fit into our schedule, for our fulfillment. They are only in our lives to contribute to us.

It is also to use our wealth for ourselves, to fulfill our desires, our indulgences, and our wants.

To live a life is to use everything in life for our benefit.

Living a life will ultimately lead you to

emptiness and sadness because in the process of living that life you and the things most important to you become more important than the people and relationships God has put in your life.

What does it mean to leave a legacy? To leave a legacy is to give your life and resources as a contribution to others. It is not consumption on the self it is a contribution to others.

A legacy leads to true joy and satisfaction. To leave a legacy is to live to make a difference in someone else's life.

To give to others instead of receiving, to be a friend rather than gather friends, to be respectful rather than demand respect, to give encouragement rather than always seeking praise.

Living a legacy is to pour your life into your spouse and children so that you can make their life meaningful and fulfilling.

It is to give yourself away so that others may live a better life. Some of you are saying, “That sounds great for them, but what about me?”

Matthew 16:25 says “For whoever wishes to save his life shall lose it; but whoever loses his life for My sake shall find it.”

It is only through giving our lives to God that we can then give our lives to others and

leave a legacy that will bless rather than curse the people who know us.

Are you living a life, or are you leaving a legacy?

Protestant Women of the Chapel

PWOC is God empowered, Christ centered and Spirit led; exists as an extension of the chapel; encourages women to grow spiritually within the body of Christ through prayer, the study of God's Word, Worship and Service; and is sponsored by the Army Chief of Chaplains.

Fort Stewart PWOCs meets weekly on Wednesday mornings from 9:30 a.m. to Noon at Marne Chapel. There are four wonderful studies offered this spring semester focused on the needs of the modern military wife and female military members. Childcare is provided by CYS caregivers.

"A firm Foundation", the PWOC Spring Retreat will be held at Epworth by the Sea on St. Simon's Island, Apr 13th and 14th. All are welcome. For more information please contact Tammy Owens at owenshouse2@msn.com.

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Victory	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church(K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Tuesday)	Vale	9:30 a.m.
Islamic		
Friday Jum'ah	Marne	1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		
Jewish		
Contact Sgt. 1st Class. Crowther at 332-2084.		
Friday	Marne	11:30 a.m.
Hunter Army Airfield		
Catholic		
Sunday Mass	Chapel	11 a.m.
Protestant		
Sunday Service	Chapel	9 a.m.
Religious Education Contacts		
Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.		
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.		
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.		

Fort Stewart Chapel Youth Ministry
Junior and Senior High Students!

Join us for free games and pizza
 6:30 - 8 p.m. Sunday,
 at Vale Chapel in Bryan Village.

For more information,
 call 877-7207.

Kids Church
 Exciting Bible Lessons
 with music, puppets, videos, crafts, games

11 a.m. to Noon, Sunday
 at School Age Services
 (across from Diamond Elementary)

For all kids Grade K-6

Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?
 Contact Chaplain Ric Thompson at 767-6831



Black Heritage exhibition displayed

SAVANNAH — The 18th Annual Savannah Black Heritage Festival, presented by the city of Savannah's Department of Cultural Affairs and Savannah State University, will include a juried exhibition that is on display through Feb. 28.

The 2007 BHF theme is “Our Journey - A Story Unfolding.” The theme celebrates the journeys of Africans and African Americans, and tells the ever-unfolding story of their courage, commitment, dedication and fortitude throughout an enduring path to freedom and justice - a path that has influenced the history and cultural heritage of America.

The 2007 festival is the eighth produced by Savannah State University and the 18th sponsored by the city of Savannah. All festival events are free and open to the public.

For more information, call the Savannah Black Heritage Festival message line at 912-691-6847.

Black history month music, dance

SAVANNAH — Ballet Savannah enthusiastically announces a collaboration of live music, choirs and dance to perform The Root of Dance. It is a celebration of Black History Month and the empowerment of the African American women that have impacted lives with success, change, and growth in America. The event, which will be held at Savannah Country Day at 2 and 8 p.m., Feb. 17, commences Ballet Savannah's celebration of Black History month. Please join us and experience “The Root of Dance,” which will feature special guests from The Dance Theatre of Harlem. For more information call 912-352-7487 or email Balletsavannah@yahoo.com.

Military invited to Kiawah Island

To show our appreciation for all active military personnel, we're offering special rates at all five courses, during the month of February.

Active personnel will have the opportunity to play the Ocean Course, the host course of the 2007 Senior PGA Championship, for a charge of \$75 per player. The four remaining courses, Osprey Point, Turtle Point, Cougar Point, and Oak Point can be played at a charge of \$45 per player. Players who are not active military personnel will be charged the resort guest fees of \$230 at The Ocean Course, \$130 at Turtle Point, Osprey Point, and Cougar Point, and \$83 at Oak Point. Phone numbers for booking are: Ocean Course, 843-266-4670; Osprey Point, 843-266-4640; Turtle Point, 843-266-4050; Cougar Point, 843-266-4020; Oak Point, 843-266-4100.

GSU arts season events planned

STATESBORO — Here is the lineup for the Performing Arts Center at Georgia Southern University:

- **March 8** — Moscow Festival Ballet presents “Swan Lake.” Founded by a member of the legendary Bolshoi Ballet, this troupe features the classic Russian style of ballet.

To buy a season subscription or get more information, call toll free (866) PAC-ARTS, or visit the PAC website at <http://ceps.georgia-southern.edu/pac>.

Pageant contestants sought

FLEMINGTON — The Miss Liberty and Miss Long County Forestry Scholarship Pageants is Feb. 24 at Brewton-Parker College in Flemington.

Contestants are being sought. The pageants are open to all contestants up to 16 years old. Contestants ages 17-24 must live, work or go to school in the county they represent.

Both pageants are preliminaries to the Miss Georgia Forestry Scholarship Pageant. Winners will get gold crowns, custom sashes, trophies and entry fees paid to the 68th Miss Georgia Forestry State Scholarship Pageant

in June at Tifton.

The state pageant awards thousands of dollars in scholarships, cash and prizes each year.

For more information, call Rita Watson, director, at 368-6960 days or 876-2775 evenings. E-mail longforestry@yahoo.com or libertyforestry@yahoo.com.

Sing your heart out

The Greater Georgia Choral Chapter is looking for people who love gospel music and who want to do more than just listen to it.

GGCC offers an opportunity to grow in the ministry of gospel music for adults and youth. Groups and individuals are welcome. Contact Wilma Gregg or Andre Gregg, at 912-368-4185.

Free dance lessons offered

Free ballroom dancing lessons are being offered at Club Stewart 7 to 9 p.m., the first Wednesday of every month by the Moon River Dancers Association in Savannah. It is for soldiers and their families.

Couples and singles welcome. No registration required, just show up and learn. Call 767-8609, for information.

Also, if you're into ballroom dancing and don't mind the drive, the Seaside Dance Association in St. Simons Island has dances every Tuesday and Thursday through the summer at Blanche's Courtyard starting at 7 p.m.

The association also hosts a dance on the last Sunday of each month at the Jekyll Island Club Hotel, in the grand dining room. Instruction starts at 5:15 and seating for the dinner and dance starts at 6.

For more information, call (912) 634-9527 or e-mail, SeasideDance@bellsouth.net.

View Native art

CARTERSVILLE — After a year on the road, male and female effigies created several hundred years ago have returned home to Etowah Indian Mounds Historic Site here. The nearly three-foot-tall marble sculptures had been part of the traveling exhibit “Hero, Hawk and Open Hand,” showcasing American Indian art of the ancient Midwest and South.

The sculptures were found in mound C which was excavated during the 1950s and are among the finest pieces of ancient Indian art in the United States.

They were so well preserved that even the paint colors are still vivid today.

Today, visitors to Etowah Indian Mounds can see the original effigies while touring the museum and grounds.

Exhibits include ornamental pieces, a head-shaped rattle made of copper, pottery, weapons and dozens of other artifacts dating back as much as 1,000 years. Three main mounds remain, the highest standing 63-feet.

The historic site is six miles southwest of I-75 exit 288 in Cartersville. Admission is \$2.50 for children and \$4 for adults. Hours are 9 a.m. to 5 p.m. Tuesday-Saturday and 2-5:30 p.m. Sunday. For information, call 770-387-3747 or visit www.gastateparks.org/info/etowah.

Chess, anyone?

STATESBORO — Adults and children alike are invited to play chess in the Statesboro Mall 3 to 5 p.m. every Sunday. Chess in the Mall is hosted by the Ogeechee River Scholastic Chess Association (ORSCA) and school chess clubs throughout Bulloch County. Go to <http://chess85.tripod.com> or e-mail j-lutz@enia.net or call 912-764-9770.

Local chess players are also trying to stir interest in the game around Hinesville. If you're interested in playing, and possibly forming a club, call 876-4715.

Savannah Cultural Events

Activities sponsored by the Savannah Department of Cultural Affairs include these ongoing events:

Every first Friday of the month

Folk Music by Savannah Folk Music Society, 7:30 p.m. Free at Wesley Monumental United Methodist Church.

The Arts at City Market Center, Upstairs, Jefferson & West St. Julian Streets, free 6:30 to 8:30 p.m. Call (912) 232-7731.

Every first Saturday of the month

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1 to 3 p.m. at W. Broad Street YMCA, 1110 May St. Admission is \$3 per person. Call 912-925-7416 or visit www.savannahusabda.org.

Every third Wednesday of the month

Open Mic Poetry Night - Signup at 7:45 p.m., Gallery Espresso, 6 East Liberty St. Call 912-233-5348.

Saturdays and Sundays

Flannery O'Connor Childhood Home Foundation tours 1 to 5 p.m. Saturdays and 1 to 4 p.m. Sundays.

Located at 207 E. Charlton St. on Lafayette Square. Born in Savannah in 1925, writer, Mary Flannery O'Connor, lived in a Charlton Street house until 1938. Today, it is maintained partly as a memorial to her and partly as a literary center for Savannah. Literary activities are held at various times October through May, free. Call 912-233-6014.

Every Sunday

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4 to 8 p.m. Call 912-925-7116.

The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets, which are \$6, are available an hour before showtime.

Free year of golf offered

Georgia State Park Golf Courses have membership benefits that will cost you nothing. Become a Georgia Golf Internet member and you'll be automatically entered into quarterly drawings for an annual greens pass (a \$575 value).

Internet members receive benefits, such as discounts on green fees and pros shop merchandise, free range balls, free golf for your birthday, invitations to special events, a monthly newsletter and more.

And as a member, you'll be able to make tee times online. Register at www.GolfGeorgia.org. You may call 1-800-434-0982.

Visit Armstrong Arboretum

SAVANNAH — Armstrong Atlantic State University has an arboretum, which encompasses the 250 acre campus and displays more than 100 species of trees and 200 species of shrubs and other woody plants.

The Fern Collection, featuring 23 varieties of native and non-native ferns, is on the west side of Jenkins Hall. The recently completed Ginger Collection focuses on seven groups of ginger plants and is at the south end of Hawes Hall.

For more information or to schedule an educational tour, call AASU's plant operations at 912-921-5472.

Frisbee golf

ELBERTON — Disc golf may not get much coverage by sports writers, but it has a loyal following of fans who enjoy exercising outdoors while testing their throwing skills.

The typical course features 18 “holes” with challenges of trees, streams and other natural obstacles.

One of the most scenic and well kept disc golf courses in Georgia is at Richard B. Russell State Park in Elberton. While hiking between tee pads, players enjoy the rolling green scenery of this pastoral park. The cost is only \$2 for parking and \$1 per person to play.

After a fun game in the field, visitors can

enjoy watersports on Lake Richard B. Russell, explore hiking and biking trails, or relax at numerous picnic spots throughout the park.

Overnight accommodations include lake-side cottages and shaded campsites. Richard B. Russell State Park is located 8 miles north-east of Elberton off Hwy. 77.

For more information, call 706-213-2045 or visit www.gastateparks.org.

Train in Southwest Georgia

CORDELE — Take a ride into history aboard the SAM Shortline Excursion Train. Riding in vintage railcars, passengers travel past scenic country farms, stepping off to explore quaint towns and fascinating historic sites. President Jimmy Carter's boyhood home, the Plains antique mall, an impressive telephone museum, and Habitat for Humanity's Global Village are just some of the attractions along the route.

The main depot is in Cordele, but riders may board at any stop, including Georgia Veterans State Park, Leslie, Americus and Plains. Cost is adults, \$20 and \$10 for children roundtrip. For a schedule and ticket sales, visit www.SamShortline.com or call 1-800-864-7275.

Georgia's natural springs

WARM SPRINGS — Georgia's state parks and historic sites host three natural springs that have helped shape the state and our culture.

The best known is **Warm Springs**. Emerging at 900 gallons-per-minute and 88 degrees year-round, one of Georgia's seven warm springs transformed a west Georgia town into a well-known stagecoach stop.

The town of Warm Springs was host to Georgia's high society during the early 1900s, and it became the vacation home of Franklin D. Roosevelt after he sought relief from polio in the warm, therapeutic water.

Just off I-75 in middle Georgia is **Indian Springs State Park**, thought to be the oldest state park in the nation.

The Creek Indians believed the springs had healing and invigorating qualities, and the town of Indian Springs became a bustling resort town from the 1820s until the Great Depression.

For More Information call 706-655-5870, or visit www.FDR-LittleWhiteHouse.com. For Indian Springs information, call 770-504-2277 or for Magnolia Springs State Park, Millen, call, 478-982-1660, or go to www.GaStateParks.org.

Backpackers lodge

AMICALOLA FALLS — With fall weather on the horizon it's time to start planning a hiking trip. Georgia's only backcountry lodge, The Hike Inn, is found at the end of a scenic five-mile trail beginning at Amicalola Falls State Park. Hikers are rewarded with soft beds, hot showers and hearty family-style meals.

Staff members proudly boast that the temperature rose above 90 degrees only once last summer, making the eco-lodge a perfect getaway for June, July and August. Rates begin at \$65/adult and include meals. For details, visit www.hike-inn.com or call 1-800-864-7275.

Guests are encouraged to call far in advance since weekends fill quickly.

Visit Georgia parks

Visitors to Georgia's 48 state parks can make online reservations for campsites, cottages, lodge rooms, picnic shelters and other facilities.

To get to the parks' new reservation center, operated by Maryland-based Spherix, click “Make a Reservation” on www.gastateparks.org or call 1-800-864-7275 (open 8 a.m. to 8 p.m. Monday-Friday; and 9 a.m. to 5 p.m. Saturday-Sunday.)

Black history month essay, public speaking contest

Special to The Frontline

Savannah, GA – February 8, 2007, the Georgia Historical Society (GHS) and its sponsors are proud to announce the top five essay-writers for the Black History Month Essay and Public Speaking Contest: Rashay Platt, a ninth grader from Savannah Arts Academy; Eleanor Marchant, a 10th grader from Beach High School; Taylor Kimball, an eleventh grader from Savannah Arts Academy; James Toles IV, an eleventh grader from Savannah Arts Academy and Marah Michelle Lidey, a twelfth grader from Groves High School.

Chosen from essays submitted by students throughout the area, the five

finalists of will present their essays publicly at the Georgia Historical Society's Hodgson Hall Library on February 11, 2007 at 3:00 p.m. The event will be emceed by WSAV-TV anchor Kim Gusby and is open to the public.

The public presentations, which focus on the impact of the U.S. Constitution on African-American History, will be judged and three winners selected by a panel representing Savannah State University, WSAV-TV, and Georgia Southern University. Cash prizes to be awarded.

For more information please visit our website at:

www.georgiahistory.com or call 912.651.2125.

25K in scholarships to benefit military dependent children

Special to The Frontline

San Juan Capistrano, CA -- Homefront America, Inc., along with The W. Daniel Tate Family and Sara's Hope Foundation is pleased to launch the organization's second American Patriot Freedom Scholarship Award to benefit military dependent children.

“We are truly blessed to have such committed supporters as the Tate Family and their charitable foundation, Sara's Hope.” Said Arthur Hasselbrink, President & CEO of Homefront America.

Through the generosity and support of the W. Daniel Tate Family and Sara's Hope Foundation, Homefront America will award twenty-five individual \$1,000.00 scholarships this May to military dependent children as part of an essay contest.

The contest requires applicants to submit an essay – maximum 500 words – on one of four topics which will be judged on content, originality, grammar and spelling. Essay topics

are...

- America...It's a Wonderful Country
- Turning Challenges into Opportunities
- Why I am proud to be an American
- My Dad/Mom...My Hero

“We are happy to have this opportunity to help our military families.” said Mr. Tate, an ardent supporter of our military service members and their families. “I did not serve in the military; my children are not in the military. This is our way of serving.”

Scholarship information, eligibility requirements, and application are available on the organization's website at www.homefrontamerica.org. For more information, contact:

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